

# School Health Promotion Morning Announcements

SEPTEMBER: Healthy Breakfast



## Pop Quiz:

*[Start speaking here.]*

Pop quiz: Which of these breakfasts is the healthiest? Don't worry - you won't be graded!

- a. Chocolate puff cereal with whole milk
- b. A tall glass of orange juice
- c. Low-fat cream cheese on a whole-grain toasted bagel topped with sliced strawberries.

Answer: C, because it's a good mix of protein, grains, and fruit!

**[Only for schools that offer in-school breakfast:** You can get a healthy breakfast at school every day if you don't have time at home.]

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